



# PORLAND•OIL CO.

2014 PRODUCT CATALOG





*From the Earth,  
Our hands  
and Our hearts.*

Portland Oil Company produces quality seed, oil, meal and flour.

We supply regional marketplaces with Chia Seed, Canola, Flax, Olive, Camellina, Garcinia Cambogia, Sesame, Sunflower, Hemp Seed, Grape Seed, Argan, and other oilseeds into bulk and retail, conventional and organic, packaged and shelf ready products.



# CONTENTS

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Hello (The Portland Oil Co. Story) .....	4
Cooking and Specialty Food. ....	5
Canola Oil .....	6
Chia Oil.....	8
Chia Seeds .....	10
Pricing Guide .....	12
Glossary .....	15





# HELLO.

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Portland Oil Company is a classic story of local Northwest characters combining their faith and perseverance to produce Portland's own source of health, energy and food.

We love Portland and it is our promise to deliver high-quality products with real nutritional value to our community.





# COOKING & SPECIALTY FOOD

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**Every product we produce comes from the earth, our hands and our hearts to your home.**

Our oils are cold expeller pressed; making sure to preserve all the natural nutritional benefits. Our oil seeds are regionally sourced and all of our oils are made in Oregon.





# CANOLA OIL

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**Beautiful, golden and thick with nutrients. Our all natural cold expeller pressed extra virgin Canola oil has a unique taste full of rich natural flavors.**

As you taste the difference, unique to each individual's palate, you will personally experience a transcending, full, nutty flavor, enhancing any dishes' natural flavors.

This oil makes a bold, impressionable compliment to all dishes containing seafood, shellfish, pork and pork chops, chicken and poultry, lamb, duck and goose, hamburgers and beef, vegetables, salad dressings, fried food and so much more.

**INGREDIENTS:** 100% natural Canola seed oil and particulates.





## BENEFITS & FACTS:

- Non-GMO & Kosher
- Zero trans fat, rich in monounsaturated fat, rich in omega fatty acids, significant source of beta sterol and campesterol, rich in Vitamins E and K.
- Suitable for baking, frying, sautéing and high heat use.
- Unrefined, raw, extra virgin, & cold expeller pressed.
- Great source of Omega 3 & 6 Fatty Acids
- All natural, no hexane or other chemicals
- Canola Smoke Point - High Heat, 450 degrees
- Made in Portland, OR, USA

## SUGGESTED RETAIL: \$10.00

Height: ..... 11.125 inches  
Width: ..... 2.25 inches  
Depth: ..... 2.25 inches  
Gross Weight: ..... 32 ounces  
Net Weight: ..... 16 ounces  
Bottle Size: ..... 500 ml (16.9 fl oz)  
Bottle Style: ..... Quadro Square, reusable  
Cork Style: ..... T Cork Synthetic, reusable

## Nutrition Facts

Serving Size 1 Tbsp (14 grams)

Servings Per Container about 36

### Amount Per Serving

<b>Calories</b>	120	Calories from Fat 120
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% Daily Value\*

<b>Total Fat</b>	14g	22%
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Saturated Fat	1g	5%
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Trans Fat	0g	
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Polyunsaturated Fat	4g	
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Monounsaturated Fat	9g	
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<b>Cholesterol</b>	0mg	0%
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<b>Sodium</b>	0mg	0%
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<b>Total Carbohydrate</b>	0g	0%
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Dietary Fiber	0g	0%
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Sugars	0g	
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### Protein 0g

<b>Vitamin A</b>	0%	• <b>Vitamin C</b> 0%
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<b>Calcium</b>	0%	• <b>Iron</b> 0%
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\* Percent Daily Values are based on a 2,000 calorie diet.  
Your Daily Values may be higher or lower depending on  
your calorie needs:

	Calories	2,000	2,500
<b>Total Fat</b>	Less than	65g	80g
<b>Sat Fat</b>	Less than	20g	25g
<b>Cholesterol</b>	Less than	300mg	300mg
<b>Sodium</b>	Less than	2,400mg	2,400mg
<b>Total Carbohydrate</b>	300g	375g	
<b>Dietary Fiber</b>	25g	30g	
Calories per gram:			
<b>Fat</b>	9	• <b>Carbohydrate</b> 4	• <b>Protein</b> 4

This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



# CHIA OIL

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An appealing medium-light golden raw super food oil.

Our unique first of its kind, cold expeller pressed Chia oil has a pleasant; not over bearing, yet noticeably subtle tribute to natural earth flavors drawn to the taster's palate.

Look forward to a very consistent and remarkable smoothness that is only embraced by a long drawn buttery sensation of favorable taste.

This oil is very receptive to health-conscious individuals wanting to experience a true "Sui Generis" of oil complimenting seafood, poultry, salads, pâté, dips, sauces and all functional low heat recipes and dishes.

It's new! Be adventurous and let us know about your exquisite dining experience!

**INGREDIENTS:** 100% organic Chia seed oil and organic Chia seed particulates.





## BENEFITS & FACTS:

- Non-GMO & Kosher
- Zero trans fat, rich in polysaturated fat, rich in omega fatty acids, trace source of copper, iron, magnesium, niacin, zinc, phosphorous, manganese, magnesium, potassium and molybdenum, Rich in Vitamins B1-B2-B3.
- Suitable for baking, Vegan and Gluten Friendly
- Unrefined, raw, extra virgin, & cold expeller pressed
- Great source of Omega 3 & 6 Fatty Acids
- All natural, no hexane or other chemicals
- Chia Smoke Point - Low Heat, 200 degrees
- Made in Portland, OR, USA

## SUGGESTED RETAIL: \$28.00

Height: ..... 9.25 inches  
Width: ..... 1.875 inches  
Depth: ..... 1.875 inches  
Gross Weight: ..... 17.88 ounces  
Net Weight: ..... 8.4 ounces  
Bottle Size: ..... 250 ml (8.4 fl oz)  
Bottle Style: ..... Quadro square, reusable  
Cork Style: ..... T Cork Synthetic, reusable

## Nutrition Facts

Serving Size 1 Tbsp (14 g)

Servings Per Container about 18

### Amount Per Serving

<b>Calories</b>	120	Calories from Fat	120
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% Daily Value\*

<b>Total Fat</b>	14g	<b>21%</b>
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Saturated Fat	1.5g	<b>7%</b>
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Trans Fat	0g	
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Polyunsaturated Fat	11g	
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Monounsaturated Fat	1g	
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<b>Cholesterol</b>	0mg	<b>0%</b>
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<b>Sodium</b>	0mg	<b>0%</b>
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<b>Total Carbohydrate</b>	0g	<b>0%</b>
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Dietary Fiber	0g	<b>0%</b>
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Sugars	0g	
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### Protein 0g

<b>Vitamin A</b>	0%	• <b>Vitamin C</b>	0%
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<b>Calcium</b>	0%	• <b>Iron</b>	0%
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\* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
<b>Total Fat</b>	Less than	65g	80g
<b>Sat Fat</b>	Less than	20g	25g
<b>Cholesterol</b>	Less than	300mg	300mg
<b>Sodium</b>	Less than	2,400mg	2,400mg
<b>Total Carbohydrate</b>	300g	375g	
<b>Dietary Fiber</b>	25g	30g	

Calories per gram:

Fat 9	•	Carbohydrate 4	•	Protein 4
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# CHIA SEEDS

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Chia seed, otherwise known as *Salvia Hispanica*, is an ancient nutrient packed food source grown throughout Latin America known for providing sustained energy over time.

It is said Aztec warriors used Chia seeds to boost their energy and increase their stamina. More recently, Chia seed is considered to be a raw super food and one of the healthiest nutrient sources on the planet.

Chia seeds can be eaten one of three ways: dry, wet or sprouted.

When eaten dry, the taste is similar to a poppy seed; a very dense seed with a medium to hard crunch. When eaten wet in cereal, yogurt, water, etc; the seeds become slightly soft, sweet and plump. The seed forms a nutritious gelatin layer around, almost resembling tapioca pearls and actually can be used as such in various pudding recipes. Sprouted Chia seed can be used as a substitute for normal use of sprouts.

Portland Oil's Chia seeds are jam-packed with nutrients and conveniently packaged for your purse, desk, restaurant tables or on your spice rack. Perfect to add to salads, dressings, dips, cream cheese, soups, yogurt, cereals, oatmeal, sandwiches, wraps, muffins, bread, cake and cookies.

Make into a tapioca pudding or use the seeds as an egg substitute. Add as a supplement into your chicken feed to have your home-grown eggs rich in Omega 3 hatched.

**INGREDIENTS:** 100% organic Chia seed





## BENEFITS & FACTS:

- Non-GMO & Kosher
- High in Quality Protein
- Loaded with Fibrous Carbs
- Rich in Antioxidants
- Very high Omega 3 Fatty Acids
- Impressive Calcium, Magnesium, Manganese and Phosphorus content
- Substantial nutritional value with little amount of calorie intake
- Also includes significant amounts of Zinc, Vitamin B3 (niacin), Vitamin B1 (Thiamine), Vitamin B2 and Potassium
- Vitamin B2 is (Riboflavin)
- In addition to the Calcium, etc; it has iron and sodium
- Also Vitamins B9 (Folate), Vitamin E, Vitamin C, Vitamin A
- Seeds can be used as an egg substitute in Vegan or other dietary needs.
- Made in Portland, OR, USA

## SUGGESTED RETAIL: \$5.00

Height: ..... 5.125 inches  
Width: ..... 1.375 inches  
Depth: ..... 1.375 inches  
Gross Weight: ..... 45 grams  
Net Weight: ..... 165 grams  
Bottle Size: ..... 60 ml  
Bottle Style: ..... Quadro square, reusable  
Cap Style: ..... Twist cap, reusable

## Nutrition Facts

Serving Size 2 tbsp (1 ounce (28g))

Servings per container 1.5

### Amount Per Serving

Calories	Calories from Fat	72
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% Daily Value\*

<b>Total Fat</b> 9g	<b>13%</b>
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Saturated Fat 1g	4%
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Trans Fat 0g
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<b>Cholesterol</b> 0mg	<b>0%</b>
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<b>Sodium</b> 5mg	<b>0%</b>
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<b>Total Carbohydrate</b> 12g	<b>4%</b>
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Dietary Fiber 11g	42%
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Sugars
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<b>Protein</b> 4g
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Vitamin A	0%	Vitamin C	0%
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Calcium	18%	Iron	0%
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\*Percent Daily Values are based on a 2,000 calorie diet.  
Your daily values may be higher or lower depending on  
your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Fiber		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

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# CANOLA OIL GLOSSARY

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## CANOLA:

- Part of the Brassica family of cabbage, kale, broccoli and mustard. Before Biotechnology created Genetically Modified Organisms; Canada used traditional plant breeding methods to cultivate Brassica Napus, Brassica Rapa (Rapeseed) and Brassica Campestris to lower the erucic acid and glucosinolates making it a safe oil for food consumption. Canada (CAN) Oil Low Acid (OLA) = CAN- OLA

## NON GMO:

- Refers to being NOT A "Genetically Modified Organism!" As mentioned above, Canola was created through natural and tradition plant breeding methods before Biotechnology existed. However, with that said, since the 1980 and 90's, Biotechnology has been introduced into the Canola industry to create various resistant strains. Our Canola oil is Non GMO!

## EXPELLER PRESSED:

- Also referred to as mechanical pressing. Traditional means of using force and pressure to extract oil. Within the seed oil industry, you typically have two means of oil extraction. 1) Chemical and 2) Mechanical or Expeller Pressed. Chemical extraction is what is used by probably 98% of what the consumer market understands and knows of Canola. To reach the mass markets in grocery and restaurant distribution chemical extraction is used to yield 40%-50% oil from the seed. This process is done by introducing Hexane and other chemicals to extract and neutralize the toxicity before reaching the consumer market in a bleached state; clear, tasteless, and much less nutritional. Portland Oil chooses to not use chemicals and prefers to keep all the nutritional value intact by traditional mechanical means.

## COLD EXPELLER PRESSED:

- In Europe, depending on the country and depending on the oil, regulation on cold expeller pressed means anything pressed below 90 to 120 degrees Fahrenheit. In the United States, there is no such regulation and cold expeller pressed is marketed at anything below 400 degrees Fahrenheit. As a higher heat oil, we find optimum pressing temperature for our Canola oil is not to exceed 160 degrees.

## EXTRA VIRGIN:

- Refers to the olive oil industry and is regulated in Europe. There is no regulation in the United States, nor any regulation in using the term for Canola Oil. Extra Virgin refers to the highest quality of oil one can produce. The first pressing of oil, without the use of any solvents, under temperatures not to degrade the oil and with minimal end processing filtration.

# CHIA SEED & OIL GLOSSARY

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## CHIA SEED:

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- Most commonly known for the “Chia Pet” novelty, *Salvia Hispanica*, but otherwise known as the Chia seed. Grown throughout Mexico and Latin America. We source our seed through certified organic Oregon Tilth growers and producers.

## NON GMO:

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- Refers to being NOT A “Genetically Modified Organism!” If seed is certified organic, the seed is considered Non GMO. Our Chia Seed and Chia Seed Oil are organic and Non GMO!

## EXPELLERRESSED:

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- Also referred to as mechanical pressing. Traditional means of using force and pressure to extract oil. Chia Oil is considered a specialty oil and new to the market. Portland Oil prefers to keep all the nutritional value intact by traditional mechanical means while producing our oil.

## COLD EXPELLER PRESSED:

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- In Europe, depending on the country and depending on the oil, regulation on cold expeller pressed means anything pressed below 90 to 120 degrees Fahrenheit. In the United States, there is no such regulation and cold expeller pressed is marketed at anything below 400 degrees Fahrenheit. As a lower heat oil, we find optimum pressing temperature for our Chia oil is not to exceed 120 degrees.

## EXTRA VIRGIN:

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- Refers to the olive oil industry and is regulated in Europe. There is no regulation in the United States, nor any regulation in using the term for Chia Oil. Extra Virgin refers to the highest quality of oil one can produce. The first pressing of oil, without the use of any solvents, under temperatures not to degrade the oil and minimal filtration.



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